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September - October 2024

The Arizona **BEEHIVE** Magazine

Serving Arizona Members of the Church of Jesus Christ of Latter-day Saints

It Is Well With My Soul

ON THE COVER

Slot Canyon in Arizona

Photo by www.JeffGouldenPhotography.com

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All photos courtesy of the BYU Alumni Association

COUGS

Operation Feed & Read Tailgate Events

CARE!

By Robin Finlinson

Have you heard of what's happening at the Brigham Young University away game tailgates around the country during football season? The BYU Alumni Association came up with a brilliant way to follow the university's motto: "Enter to learn; go forth to serve." Through their "Cougs Care" program, traveling and local BYU football fans don't just show up to a tailgate for a few hours of festivities and catered food. They arrive bringing thousands of items needed in

the local communities.

Soon, it will be Arizona's turn to welcome them! On November 23, 2024, Brigham Young University will come to the Valley to play Arizona State University. The BYU Alumni Association chapters in Arizona hope for the service endeavor of *this* tailgate, called "Cougs Care: Operation Feed & Read," to be the biggest ever.

The project will have two components: a food drive to collect cans, jars and boxes of non-perishable food items for local pantries, and a book drive of

new and gently-used books for K-8th graders.

COLLABORATION IS THE NAME OF THE GAME

Such an undertaking requires an array of partners.

One of the great things about this Cougs Care project is that ASU's Mary Lou Fulton Teachers College (MLFTC) and BYU's McKay School of Education are working together to collect and distribute books for chil-

Continued on pg. 5

WHAT'S THE BUZZ?

MOVING

After 8 years of 2-bedroom apartment dwelling (it's a long story) my wife and I have purchased a condominium. And you know what moving means: Address changes for everything, (I hope I remember all the places I need to contact), new neighbors, grocery stores, restaurants, parks. In other words, a new neighborhood. And of course, it means joining a new ward.

I've been a member of my ward for 8 years. For the last 4 years I've served as counselor to two Bishops. Called smack dab in the middle of the Covid lockdown, I often conducted Sacrament meeting alone at that time due to lockdown protocols and an oft-traveling Bishop. Baptism by fire, indeed! But I loved every moment of it. As I do my calling now, far from the pandemic conditions that greeted me upon my call date, and after much blood, sweat and tears expended in my ward, I am faced with moving on. How in the world can I leave all these people I've served and served with, interviewed, taught, called to callings, set apart and given blessings, exhorted to clean the building, asked to speak, ordained to the Priesthood, planned with, attended with, cried with, laughed with, broke bread (and ice cream!) with, and loved? And will always love?

I can leave because the Church will be true in my new ward. Like it is in all 24,277 wards on the planet.

In our Latter-day Saint-world of experience, we always seem to find similitudes of the Savior's life in ours. Christ did all these same things with and for the people he loved. And He too had to leave them. Well, if He can, I can!

I understand the program: The work goes on. The Kingdom does not need me; I do need it. God is no respecter of persons. God does not need us, but we need God. To God, we are everything as He attempts to persuade us to use our agency to accept His gift of eternal life. Considering all of this in juxtaposition of leaving behind loved ones is like examining a pebble while contemplating the creation of the universe. Time to exercise some of that faith I've been hearing so much about.

So ... I will dive into my new ward. Get to know and love its people. Let the ward leadership know that I am ready, willing and able to serve however they need me to do so. Like I did with my current ward. Which turned into a calling in the Bishopric. Hmm ... perhaps I'll just keep my mouth shut and sit in the very back row during Sacrament meeting! Nah... I'm all in on this Gospel thing, no matter where I live or what ward I attend.

Thanks for reading.



Michael O'Brien
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Cougs Care Tailgate Events Continued from pg. 2

dren in Arizona.

Duane Oakes not only works for MLFTC, he serves as the BYU Alumni Southwest Region Director. He's therefore the perfect liaison between the partners of this project. "We're all coordinating and collaborating—the education programs, BYU alumni, LDSSA, JustServe and the local community—to make a difference," Duane says.

Jenny Richardson is the Phoenix area representative of the BYU school of education's national literacy board and another vital member of this collaborative network. She describes the experience of numerous children

service projects, the local BYU alumni chapters have been challenged by the national board to invite their area JustServe directors to join in project planning and implementation. Ruth Pagán, the Arizona JustServe Director, is happy to be part of it. "We know the community, the organizations and the needs," she says. "When Cougs Care comes to town, they've got a partner on the ground that can amplify their efforts."

JustServe in Metro Phoenix and LDSSA (the LDS student association) of ASU are currently assisting the East Valley alumni and newly-formed West Valley chapter to identify food banks and other organizations that could receive the non-perishable food items that will be collected.



the perfect time for everybody to come together and be able to rub shoulders through service and football."

His wife, Tonya Tippetts, is another one of the hard-working board members and will serve as its chair next year. She says, "We have so many fun things for everyone to be part of, and we hope you'll come support us!"

The chapter's current board chair, Patrick Patterson, calls the alumni association "exuberant, exciting, and growing," and says the East Valley chapter is "one of the largest and most active anywhere." (Perhaps you'll want to join!) It focuses mainly on future alumni. "It's about assisting those with a desire to have the truly unique BYU experience and its life-changing effects," he says. "We're here to provide a little boost in their achieving that worthy dream."

Proceeds from the sale of tailgate

tickets and merchandise at a tailgate booth will go toward BYU scholarships, offering the dream to more students and helping develop generations who are willing to serve wherever they go.

THE COUGS CARE IMPACT AROUND THE COUNTRY

The BYU Alumni Association has organized tailgates for several years, and a few of them have involved service. But since the 2022 season, its goal for each away game tailgate to include a Cougs Care service project has been realized.

Last year, Sports Illustrated, at si.com, told of St. James Missionary Baptist Church in Arkansas being pleased to partner with the BYU Alumni Association's chapter in that state in a food drive. The Baptist

Continued on pg. 7



who receive the gift of a book or even one borrowed from the library for the first time: "They bring it home from school, and they just can't believe that they have this book. They got to choose it, and it's the biggest treasure to them."

The Cougs Care crew in Arizona set a goal of collecting at least 2,000 books to support the ASU America Reads program at Whitman and Whitmer Elementary Schools in Mesa; Vista College Prep in Phoenix; and the Lehi and Red Mountain Branches of the Boys & Girls Clubs of Greater Scottsdale.

Watch for the upcoming "Cougs Care: Operation Feed & Read" Amazon Wish List with hundreds of titles that have already been selected by the receiving schools. Find the link at alumni.byu.edu.

When organizing Cougs Care

TAILGATING FOR FUN AND FOR A CAUSE

The Tempe Institute of Religion on the main ASU campus (at 1000 S. McAllister Ave, Tempe 85281) will be the epicenter of the tailgate. A JustServe pop-up tent and tables here and there will be designated as food and book collection sites.

Activities will take place both inside and immediately outside of the Institute. Enjoy music, games, inflatables, face painting, etc. See Cosmo and the BYU Cheer Squad! The meal will be catered by Caldwell County BBQ, and BYU Dining Services will provide their official BYU ice cream for dessert! An exclusive game day t-shirt is also included with a tailgate ticket.

Ike Tippetts, the board treasurer of BYU Alumni's East Valley chapter, says, "There's such a large contingency of BYU alumni in Arizona. And this is



Curtis Isaak, BYU Alumni Sr. Manager of Events and Experience, stands beside Minister Monique Jones (in red) and another volunteer in Fayetteville, Arkansas at a tailgate in 2023.

All photos courtesy of the BYU Alumni Association



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Cougs Care Tailgate Events
Continued from pg. 5

minister/outreach director, Monique Jones, was quoted as saying, “My wings that God gave me don’t fit in a box. I love working outside the four walls of the church.” She came up with a challenge for fans of both teams to collect culturally appropriate, non-perishable food for Marshallese and Hispanic communities that her

collected at other Cougs Care tailgates in the USA include such things as books specifically for Native American students; sports equipment and toys for children; art supplies for adults with disabilities; bedding for refugees; baby care items; and coats. Communities in Oregon, Wyoming, New Mexico, Oklahoma, Kansas, Tennessee, West Virginia, Virginia, Florida, etc. are the beneficiaries.



outreach facility serves—enough to fill the church’s bus that she planned to take to the tailgate! The challenge was accepted. [Story update: The bus did get filled, with over 42,000 pounds of food!]

Items that have been or will be

DID YOU KNOW?
The secondary (though still compelling) goal of The Church of Jesus Christ of Latter-day Saints with regard to donations is to get them to those in need. The primary goal is for as many people as possible to feel some of the



Alexa Anderson, marketing manager of the BYU Alumni Association, hands food donations into a bus to Minister Monique Jones of St. James Missionary Baptist Church in Fayetteville, Arkansas at a tailgate in 2023.



profound love Jesus Christ has for all of mankind by serving and giving to others.

BEING GOOD NEIGHBORS
When a Baylor fan in Waco, Texas was asked by KWTX about the Cougs Care project there in 2023, he said, “I think

score, every community wins when BYU shows up.

HOW TO GET INVOLVED
Some project details are still in the works. Watch for the volunteer opportunities to be posted at JustServe.org/CougsCareAZ as November 23rd



it is good having another Christian school in the Big 12...” When Church members serve in ways exemplified in the New Testament, many people recognize them as disciples of Jesus Christ.

Brigham Young declared that someday people would *want* to have members of the Church as neighbors, etc., rather than want them to go away. Cougs Care is surely helping fulfill that vision of the prophet whose name the school bears. No matter the final game

approaches.
Share those opportunities with friends! There will be additional collection sites in the Valley and online so everyone may participate.
Please visit alumni.byu.edu or alumni social media for updates. Purchase tailgate tickets (whether or not you attend the football game) and learn about other Cougs Care service opportunities across the nation at alumni.byu.edu.

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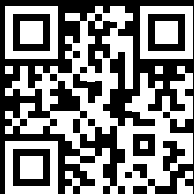
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THE GOSPEL IN A WORD

PROSPER

By Emily Jex Boyle

Consider “prosper” to mean a Godly, divine forward movement through life.

Photo courtesy of iStockphoto

What comes to your mind when you see the word *prosper*? Perhaps the word brings up images of wealth, success, ease, and grape eating.

A few weeks ago, this word caught my eye while reading Alma 36, considered a masterpiece of chiasmic structure. In Alma’s concluding counsel to his son, Helaman, he begins a heartfelt message with an invite and promise for his son and all of us:

“My son, give ear to my words; for I swear unto you, that inasmuch as ye shall keep the commandments of God ye shall prosper in the land.” (ALMA 36:1)

In Hebrew, two of the words which mean prosper are:

tsalach {tsaw-lakh’} or tsaleach {tsaw-lay’-akh}; a primitive root; to push forward, in various senses (literal or figurative, transitive or intransitive):—break out, come (mightily), go over, be good, be meet, be profitable, (cause to, effect, make to, send) prosper(-ity, -ous, -ously).

We can find the word *prosper* used in many other scriptures, including the early verses of the Bible with Joseph of Egypt and his eventful journey from Canaan to Cairo. Forever played by Donny Osmond in my mind (thank you, Broadway), Joseph is taken from home and family, nearly killed by jealous brothers, sold into slavery, imprisoned, etc. Yes, Joseph became a hero in his day, but his life’s road seems like the antithesis of prosperity! Yet, in Genesis 39:2 the author assures us, “And the Lord was with Joseph, and he was a prosperous man.” Wait, what? Like Inigo Montoya, we might be inclined to suggest, “You keep using that word. I do not think it means what you think it means.” Yet, when considering the Hebrew definition of *prosper* in this story, perhaps there is added perspective that may help us see our own prosperity along life’s roads in a new light.

As you read the following verse, consider *prosper* to be a Godly, divine forward movement through life. Do you notice any verbs similar to pushing forward and delivering? Alma testifies to his son:

And I know that he will raise me up at the last day, to dwell with him in glory; yea, and I will praise him forever, for he has brought our fathers out of Egypt, and he has swallowed up the Egyptians in the Red Sea; and he led them by his power into the promised land; yea, and he has delivered them out of bondage and captivity from time to time. (ALMA 36:28)

Also, when considering the Book of Mormon story about a group of people who built seafaring

vessels that were “tight like unto a dish” who “commended themselves” to the Lord, it was the Lord who brought them across the sea to the promised land, through the incessant wind. (See Ether 6:5-13) In other words, God prospered them. He brought them across precisely what separated them from their former life to their new life.

Earlier this year, young singer/songwriter Samantha Ebert released a song entitled, “Flowers.” Written after a long, tough patch on her own road, Ebert expresses beautiful insights from her heart, including a line where God assures her, “I’m a Good God and I have a good plan.” I hope the next time you come upon the word *prosper* you will see how God is prospering you in whatever patch of road you find yourself on.

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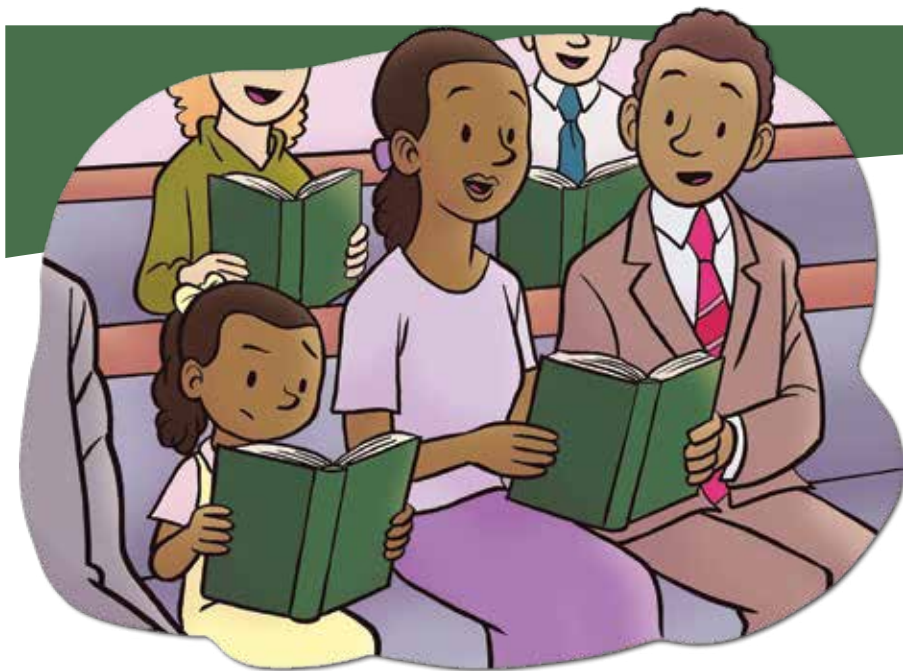
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Singing hymns brings unity!

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Global Hymnbook

Church Introduces New Hymnal for Home & Church

By Rauna Mortensen

There is a buzz of excitement in congregations throughout the world for the first batch of hymns released digitally by The Church of Jesus Christ of Latter-day Saints under the new title *Hymns—For Home and Church*.

If you served a mission in a foreign country, you may have discovered for yourself that our current 1985 hymnal is not the same in other languages. Other country's books may include songs not in our English hymnal and vice versa, and the hymn numbers do not align.

Now with the church becoming more global and licenses needing to be updated for using particular hymns, the First Presidency determined it was time to publish a new globally-unifying, worldwide hymnal—one book for all ages. Isn't that exciting! We will have the same hymns and same numbering, regardless of language. It sends the message that we are all one in Christ. It also sends the message that sacrament meeting is not just a time for adults to be edified; the Lord wants to nourish everyone. Now the entire congregation will sing songs previously only available in the *Children's Songbook*.

The committee formed to undertake this vast preparation testifies that tools were put in place through the hand of the Lord years prior. Advances were made in ways that music is translated. Text editors were being prepared with the training and experience needed.

Following the 2018 announcement that work would begin on a new hymnbook, members were invited to give their input on such questions as their favorite hymns and which songs from other settings or other denominations would make a great contribution to our new hymnal.

The 2018 announcement also included a call for original submissions. The response was overwhelming! 17,000 unique songs were submitted, and every single song submitted was reviewed.

Guidelines from the First Presidency directed their evaluations, seeking for hymns to accomplish these five objectives:

1. *Increase faith in and worship of Heavenly Father and Jesus Christ*
2. *Teach the core doctrine of the gospel with power and clarity*

3. *Invite joyful singing at home and at church*

4. *Comfort the weary and inspire members to endure in faith*

5. *Unify members throughout the church.*

Not only were new hymns reviewed by committees in Salt Lake, but they were evaluated by members around the world. It was a "beautiful melding." Time was devoted to finding musicians and lyricists familiar with the language of each submission so each could be reviewed in its original language. As a result, chosen hymns may have rhythms, phrasing, and emphasis of syllables that are counter-intuitive to our culture.



Cover image for the new hymnal.

One new hymn, "He Is Born, the Divine Christ Child," was previously found only in our French hymnal. "Star Bright" was previously found only in the Spanish children's songbook, under the title "Estrella de Luz."

A new batch of 10 to 15 hymns will be released digitally every few months. The printed hymnal will be released in 2026.

What a glorious time to witness another great milestone and celebrate the global diversity of the church!

Much of the information for this article was gleaned from: omny.fm/shows/church-news-podcast/the-church-digitally-released-the-first-batch-of-n

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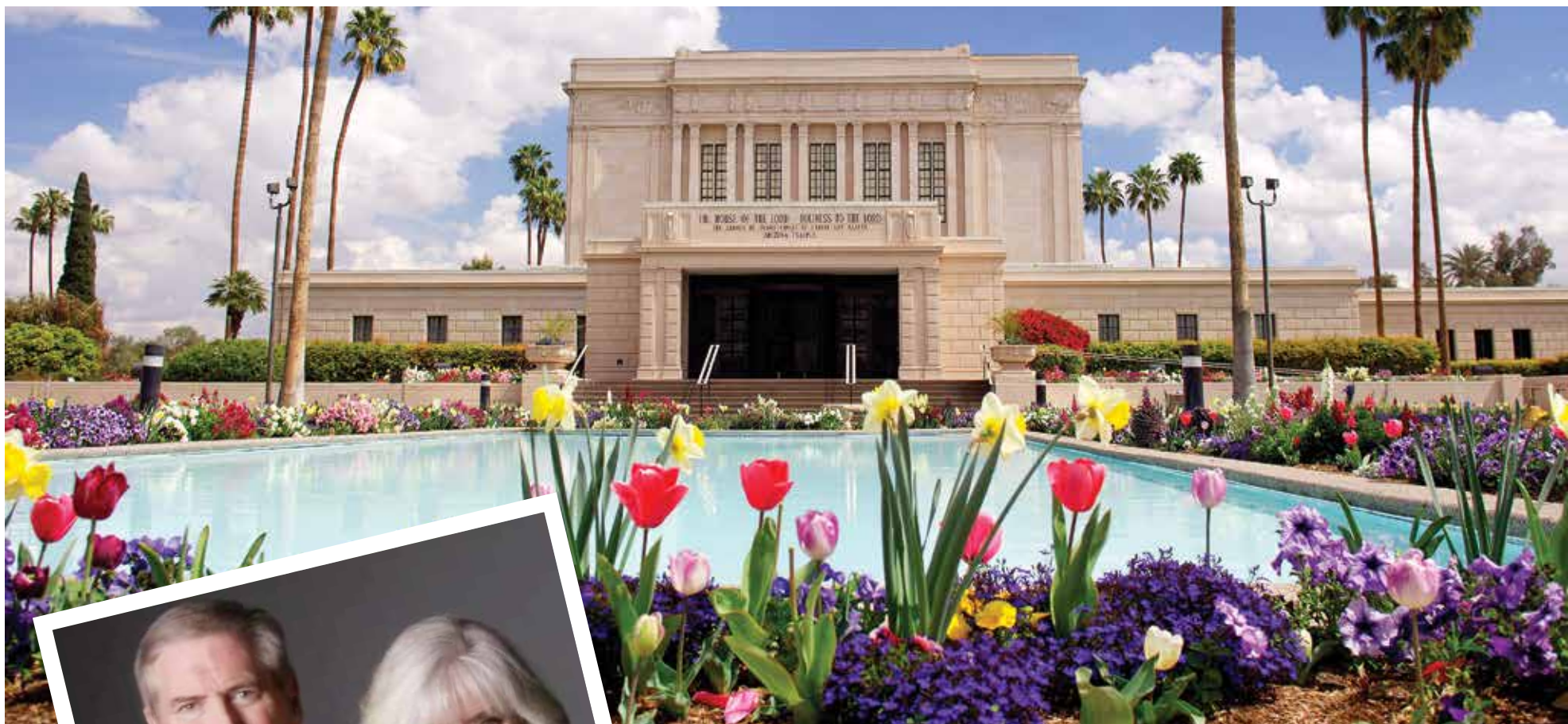


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Called To Serve

New Mesa Temple President & Matron

BEGIN THEIR SERVICE SEPTEMBER 2024

By The Arizona Beehive Magazine

Richard Mark Gulbrandsen and Karen Skousen Gulbrandsen, Hermosa Groves Ward, Mesa Arizona Citrus Heights Stake have been called as president and matron of the Mesa Arizona Temple, succeeding President Kenneth M. Smith and Sister Jody Smith.

The Church has 335 temples, dedicated, under construction or announced. Temple presidents and matrons are called to oversee all activities - administrative and spiritual - performed at the temple. Administrative duties include supervising all temple activities. Spiritual duties are carried out as each president and counselor is ordained high priest and holds the priesthood keys of presidency.

Presidents serve voluntarily, typically for a period of 3 years. The Gulbrandsens will begin their service in September, 2024. Temple presidents are assisted by two male counselors,

and together they form the temple presidency. The president's wife usually serves as the temple matron, and the counselors' wives assist the matron. All members of the temple presidency share responsibilities with the matron and her assistants.

Temple presidents and matrons, the president's counselors, and the matron's assistants are appointed by the First Presidency. Their background in church leadership varies, yet they are couples who are considered by LDS Church leaders as spiritually mature and capable of handling both the administrative and spiritual matters necessary for the successful operation of a temple.

They may be selected from a geographical area near the temple or from another area. In larger temples, the president and matron usually serve for a period of three consecutive years. In smaller temples, they "have an indefinite period of appointment. Most

temple presidencies serving in smaller temples are selected from church membership living within the temple district.

For over thirty years, Richard Gulbrandsen has focused on personal injury law, including motor vehicle accidents and wrongful death claims. His record of success reflects his focused, passionate and well-informed approach to every claim. It is an approach that has garnered acclaim as an Attorney/Partner for both he and his firm, Skousen, Gulbrandsen & Patience.

Born in Salt Lake City, Utah, to Norman Ralph and Lois Ione Stirling Gulbrandsen, Brother Gulbrandsen has served as a stake president, counselor in a stake presidency, counselor in a bishopric, ward Young Men president and missionary in the Mexico, Mexico City Mission. He has also served as a temple worker, a Dominican Republic Missionary Training Center president,

as Argentina Buenos Aires North Mission president, stake president and bishop.

Sister Gulbrandsen was born in Phoenix, Ariz., to William Jess and Joan Taylor Skousen. She has served as a ward Young Women adviser, ward Young Women president, ward Primary president, counselor in a stake Primary presidency, counselor in a ward Relief Society presidency, ward Relief Society president and Sunday School teacher. She has also served as a temple worker, MTC president companion, and mission president companion.

President and Gulbrandsen have six children. They headed the Mesa Temple Open House in 2021.

This article was created from information gathered from The Arizona Interfaith Movement (interfaithmovement.com), churchofjesuschristtemples.org/mesa-arizona-temple/presidents, thechurchnews.com, and Wikipedia.

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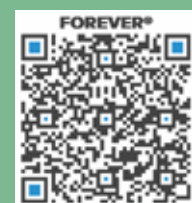


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MESA EAST STAKE YOUTH PIONEER TREK

By Cory Ellsworth

The Mesa East Stake held its every-three years Youth Pioneer Trek on May 30 to June 1 this year. The oldest groups of young men and young women (152 youth) donned pioneer clothes and bravely participated in the Trek. About 100 adults were involved in putting it all together. Of the ten Treks the stake has done (dating back to 1997) nine have been held in the Camp Wood area northwest of Prescott. This area has become holy ground for those who have experienced the trek there.

The youth were magnificent, led by equally magnificent Ma and Pa couples. Each Trek family, formed on the spot, assembled, packd and pushed and pulled their handcart over difficult hills and trails. Day one was grueling-requiring strength, patience and teamwork; but also prayer and humility. Days two and three focused on workshops and spiritual experiences.

Every Trekker completed the entire Trek. Comments from the testimony meeting at the Trek and testimonies and talks given ward meetings over the next two Sundays, attest to the sweet, powerful, even transformative effects that Trek had on the youth. They walked away from Trek with a deeper conviction and testimony that God lives, Jesus is the Christ, prayer works, they CAN do hard things (especially if they include Christ), that teamwork and compassion are powerful tools,

Youth Comments

“
Trek was hard.
I loved my Trek family!
Worth every step—I'd do it again!
First hard thing I've done in a skirt!
I know now that I can do hard things.
Have a good attitude and it will be fun.
There will always be obstacles along the road—
keep your family close by so they can help you push up.
Having trust in Christ teaches me how to trust in others.
Trek helped me learn I can do anything I put my mind to.
It was wonderful and hard and a great experience.
I enjoyed pushing myself and becoming closer
with people I didn't know before.
Trek gave me a better perspective on trials.
God helps us through small and big trials.
The best and worst thing I've ever done.
Tiring and hard, but very spiritual.
Challenging, but refreshing.
Difficult but worth it!”

and that the pioneers were willing to sacrifice everything for their testimonies of the restored Gospel of Jesus Christ. They came to understand that we all stand on the shoulders of these pioneers and have a responsibility to carry on their legacy of testimony and faith. They made new friendships—including their Trek siblings and a loving Ma and Pa.

The hope and prayer of the leaders of these youth is that the memories of the Trek experience will become a major stone in the spiritual foundation that each youth is building and upon which they will fasten the rest of their lives.



President
and Sister
Ellsworth
of the Mesa
East Stake.



“
I really loved
how it reflected life
and how you can't go
through it alone.
”



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PREP YOUR MISSIONARY

Modern Manners

By Allison Beckert

People are at the center of missionary work. As a missionary, it's your job to connect with others and create an environment where the Spirit can speak to individuals and help them find a place for Christ in their lives. To do this, we need to get out of the way of the Spirit by making our manners and communication as respectful and authentic as possible.

As a proselyting missionary, you'll spend most of your time interacting with the public in person. This will be with people of all ages, not just your peers or family. To be successful, be present and engaged in the moment. Keep your devices put away unless needed for a lesson or taking contact information. Make eye contact as you actively listen and ask open ended questions to connect. Small talk is an essential element of meeting people - it shows you're interested and gives you points to tie back in to show you've listened.

As a representative of Christ, be

mindful of your presentation. Your body language says a lot without words. Dress appropriately and behave with dignity and compassion. Be Yourself. While it can be easy to try to fit a mold as a missionary, bringing your whole self to the work will strengthen the message.

Awkward moments are guaranteed in life and especially in missionary work. With a bit of effort, you can navigate these with good manners and find in them valuable lessons. When things get awkward, do all you can to stay calm and composed. Take a deep breath and keep your sense of humor - things are rarely as embarrassing as we make it in our own heads. Don't deny the situation is awkward. Address it lightly and move on quickly. You can

redirect conversations quickly with a question or move on to your next point - or let your companion take their turn to talk.

Missionary work today happens as much digitally as it does in person. We're all familiar with casual rules, but a mission requires a different level of professional etiquette when using written communication. Grammar and punctuation matter now. As much of your communication will be with working adults and parents, so be clear, concise, and mindful of the other person's time. Avoid calling or messaging very early or late in the day and keep messages to one or two at the most if you don't get a reply. Life is busy and they will get back when they can.

Be cautious in your digital communica-

tion. Once shared, there is no going back. Be mindful of your digital footprint. Stay respectful, professional, and avoid practices like sarcasm excessive emoji use that can be misunderstood. Take any disagreements, difficult topics, or debates offline and always stay professional.

These tips and tricks are meant to jumpstart a very individual journey - one Christ exemplified in his teachings with His disciples. The Spirit will guide if you are putting others first and actively respecting their time, perspective, and needs.



Photo by Irinakeinanan from Pixabay

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Brandy
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By Valerie Hollobaugh



International Association of Families

NEW SISTER ORGANIZATION FOR NAFFA

After 20 years of strengthening fathers and mothers in over 300 Native tribes and communities, it has come time for Native American Fatherhood and Families Association (NAFFA) to spread its wings. Our vision has always been to inspire fathers and mothers to become models of parent-

ing everywhere so now we are ready to share our message to the world. The family unit is indeed the cornerstone of any thriving society. It is within the family that values, traditions and essential life skills are passed down from generation to generation. The strength and stability of the family directly impact the wellbeing and pro-

gression of a community or nation. Strong families contribute to the social fabric of society, promoting harmony, cooperation, and mutual respect. They serve as the building blocks of communities, working together to address common goals and challenges. With these ideals in mind the International Association of Families (IAF) has been created as NAFFA's sister organization to focus on worldwide programs of Fatherhood is Sacred® and Motherhood is Sacred®.

Every country sees the value of the strength of the family. All parents worldwide want to dedicate themselves to nurturing their children and IAF invites fathers and mothers from every corner of the globe to rise as models of compassionate, nurturing, and responsible parenting.

As Albert Pooley, (founder of NAF-FA) says "There is nothing more sacred



or precious in this life than our role as a father or our role as a mother." The importance of positive role models has a profound impact on parents who are shaping the future of our world.

We recognize that every family is unique, and our efforts are inclusive and compassionate, honoring the diversity of experiences and backgrounds that enrich our communities. Whether facing challenges or seeking to enhance family dynamics, IAF is here to offer support, guidance and encouragement every step of the way.

IAF gives all who want the opportunity to share Fatherhood is Sacred®, Motherhood is Sacred®, Linking Generations by Strengthening Relationships®, Addressing Family Violence and Abuse® and Suicide Prevention® just as NAFFA has done for the past 20 years. Together, we will strive to create a world where families are valued, cherished and empowered to thrive.

For more information, please see: <https://www.internationalassociationfamilies.org/> or call 480-833-5007 and ask for Valerie Hollobaugh



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- Painting murals at local community centers

We believe people like you can truly make the world a better place - one person, one project, one hour at a time. Only by taking action today will our community move towards a better, brighter future! Join us today!



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Laughter & Hugs

Planning Your Family Reunion

By Barbie Van Cott

Families are forever. So why not plan a family reunion! Where to start? First, find a date that works for the entire family. This takes planning ahead. We have two family reunions a year, one in the summer and one at Thanksgiving. The Thanksgiving date is a given. But for the summer, we find a date that works around girls' camp, FSJ, and other activities in which the kids and grandkids are involved. Next, decide where you want to gather. Location can be conditional on what you can afford. Some suggestions are found on google VRBO, Airbnb, and resort rentals. For our gatherings, we rent a large house or a huge cabin. One of our favorite

destinations is Greer, Arizona. With its high elevation and cool summers, it's quite ideal. We also have rented cabins in Hannagan's Meadow, Arizona. Utah is another destination where we've held our family reunions. We've found large homes to rent in Heber, St. George, Jacobs Lake, and Fish Lake. We even booked the Courthouse in Junction, Utah, which is available for rent for family reunions! The next question is who pays for the reunion. Every family's financial dynamics is different. Some families split the cost evenly allowing everyone to contribute. In other families, the parents pay for the lodging facilities. What about the meals? Home cooking is the best. This requires shopping



Photo by Barbie Van Cott

and planning before you leave. Each family member can take a turn. My children are married, so they each take a day for breakfast, lunch, and dinner. This can vary on the length of time your reunion lasts. What creative activities can you engage in at your reunion? The sky's the limit! Boards games, card games, swim, or hiking are wonderful activities that increase family bonds. Our family is very creative: We host the VanCott Olympics! Prizes are awarded at the conclusion of the games. Tournaments consist of running races, relays, Bocce, corn hole, ping pong, pool playing, pickle ball, spelling bees, home-

spun trivia, and Family Feud featuring questions about the family. Fun and games aside, the activities I love the most are our evening devotionals and temple trips. Every night after dinner, we gather together and listen to a spiritual message. Each of my children and their family takes a turn presenting. It is so gratifying to watch and be a part of. We also plan a temple trip, taking with us the names of our ancestors. The grand kids do baptisms and it brings tears to my eyes to watch. Reunions bring lots of laughter and hugs, warming my maternal heart.

THE SPIRIT OF MUSIC

By Jill Adair

Sunday Evening Recitals Resume at the Mesa Visitors Center

Since the dedication of the Mesa Temple Visitors Center three years ago, the place has become a hub for community gatherings. One such gathering is weekly Sunday Evening Recitals, offering a selection of music performed by local musicians.

"Sunday Evening Recitals are a way to feel the Spirit of the Lord through beautiful and worshipful music," said Shelle Soelberg, who oversees music and concerts on the Mesa Temple Events Committee.

"The recitals provide performers with the opportunity to share their talents in a venue that is broader

than what can typically be shared in church meetings," she added. "Classical, music theatre, jazz, and patriotic pieces are all part of the repertoire. The criteria are that the music provides a feeling of worship, love, nature, family, gratitude, etc. We have heard some truly beautiful music in these recitals."

Now in its third year, Sunday Evening Recitals took a break during the summer but will resume at 6:30 p.m. Sunday, Sept. 8. The season's first recital features a Missionary Choir, conducted by Jill Baldwin.

Weekly recitals will continue through Nov. 10 at the Mesa Temple Visitors' Center, 455 E. Main St. in downtown Mesa. The recitals pause for the holidays when nativities will be displayed in the room used by performers. The recitals resume Jan. 5 and run weekly through May.

Elder Ron and Sister Kaylene Hendrickson, directors of the Mesa Temple Visitors' Center, said they look forward to the return of the Sunday Evening Recitals for the fall season.

"These recitals give individuals and groups an opportunity to share their talents and



testimony through music of the Savior and their music brings the Spirit to the Mesa Temple Visitors' Center."

"We appreciate the hard work and preparation that each performer gives for

Continued on pg. 28



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- Collecting donations of clothing for those in need

We believe people like you can truly make the world a better place - one person, one project, one hour at a time. Only by taking action today will our community move towards a better, brighter future! Join us today!

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Helping New Church Members Discover Their Family History

I love the statement on the FamilySearch homepage under “Why is FamilySearch Free?” “Feelings of family connection can help us overcome the ups and downs of life. The Church of Jesus Christ of Latter-day Saints funds FamilySearch to help people draw strength from their family relationships—past, present, and future.”

Most individuals new to FamilySearch are surprised to see how much information about their ancestors is already on FamilyTree. This is due to having so many individuals contributing to the worldwide community tree on FamilySearch. Most individuals want to find out from where their ancestors came and their first immigrant ancestors. Most have an idea about their ancestors starting with their parents and it is very interesting to be able to confirm what stories had been handed down and fill in missing information of which they were unaware. Often, they can add more information about ancestors and correct inaccuracies in FamilyTree.

As the Temple & Family History Leader in my ward, I often find myself working with those who’ve recently become members of the Church. When helping such an individ-

ual, I start by having them add as much information about their parents and grandparents as they know. As they start adding information, more details come to mind. They often know more than they think they do. For example, if they don’t know when a grandparent died, I ask them what was going on in their life at that time and this will give them an approximate date. When we get back to family members born before 1950, we often find historical records about them and are often able to connect to family members already added to FamilyTree by other relatives. At this point, they are excited to find ancestors they never knew or had not heard about as their tree on FamilySearch/Family Tree often extends back many generations. They love seeing their ancestors on the seven-generation fan chart on FamilySearch.

A national census is recorded by the US government every ten years and acts as a comprehensive report on the population of the country at that point in time. The 1950 and 1940 US Census records are available on-line and often provide details about their family of which they were not aware. Seeing themselves or a family member on one of these

records is normally a moving experience. Census records show residences, family relationships, ages and professions. I am listed on the 1950 US Census with my parents, two sisters and my brother. Our family name Tolman comes from England for a person who collects tolls or taxes. 1950 US Census shows my father working for the Internal Revenue Service which is appropriate for our last name.

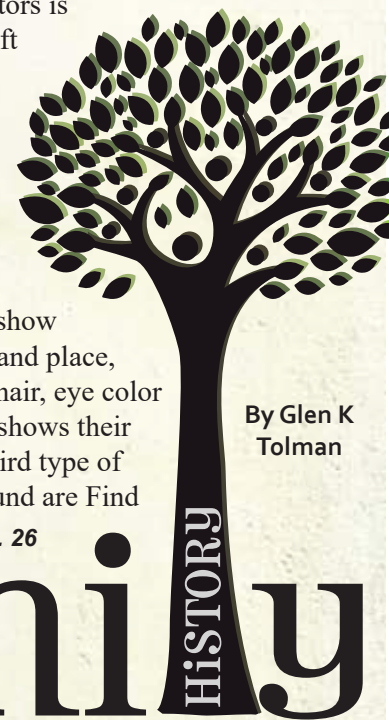
Another type of record that is very exciting to see for male ancestors is the World War II Draft Registration Card. These cards are in two groups, those aged 18 to 45 taken in 1940 and those born between 1877 and 1895 taken in 1942. These records show full name, birth date and place, their height, weight, hair, eye color and complexion and shows their actual signature. A third type of record commonly found are Find

Continued on pg. 26



World War II Draft Registration Card.

Photo from FamilySearch



By Glen K Tolman

Family

What's Cooking?

By The Arizona Beehive Magazine

GERMAN CHOCOLATE CAKE

Indulgent German Chocolate Cake with Coconut Pecan Frosting. Forget the boxed variety—this layered cake is rich, moist and chocolaty. And if you love pecans and coconut, then the frosting is the perfect topping—sweet and nutty! So bake this up, pour a glass of milk and enjoy!

CAKE INGREDIENTS

- Parchment paper
- 2 – 4 oz. packages sweet chocolate baking bars
- 2 cups all-purpose flour
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 cup butter, softened
- 2 cup sugar
- 4 large eggs, separated
- 1 tsp. vanilla extract
- 1 cup buttermilk

CAKE DIRECTIONS

1. Preheat oven to 350°. Lightly grease 3 – 9-inch round cake pans. Line bottoms with parchment paper, and lightly grease paper or lightly grease pans and dust with flour.
2. Microwave chocolate baking bars and ½ cup water in a large microwave-safe bowl on high for 1 to 1 ½ minutes or until chocolate is melted and smooth, stirring once halfway through.
3. Combine flour, baking soda and salt in a medium bowl.
4. With electric mixer, beat butter and sugar at medium speed until fluffy. Add egg yolks one at a time, beating just until blended after each addition. Stir in chocolate and vanilla.
5. Add flour mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
6. Beat egg whites at high speed until stiff peaks form and gently fold into batter. Pour batter into prepared pans.
7. Bake at 350 degrees for 25-30 minutes or until a wooden pick inserted in center comes out clean. Remove from oven, and gently run a knife around outer edge of cake layers to loosen from sides of pans. Cool, in pans on wire racks for 15 minutes and then remove from pans to wire racks. If using the parchment paper, discard. Cool completely for about 1 hour.
8. Once frosting is cooled, spread between layers and on top and sides of cake.



COCONUT-PECAN FROSTING INGREDIENTS

- 2 cup chopped pecans
- 1 – 12 oz. can evaporated milk
- 1 ½ cup sugar
- ¾ cup butter
- 6 egg yolks, lightly beaten
- 2 cup sweetened flaked coconut
- 1 ½ tsp. vanilla extract

FROSTING DIRECTIONS

1. Preheat oven to 350 degrees. Bake pecans in a single layer on shallow cookie sheet for 8 to 10 minutes or until toasted. Stir halfway through. Once toasted, cool completely, about 20 minutes.
2. Meanwhile, cook evaporated milk, sugar, butter and egg yolks in a heavy saucepan over medium heat, stirring constantly, 3 to 4 minutes or until butter melts and sugar dissolves. Cook, stirring constantly, 12 to 14 minutes or until mixture becomes a light caramel color, is bubbling, and reaches a pudding-like thickness.
3. Remove pan from heat and stir in coconut, vanilla and pecans. Transfer mixture to a bowl. To cool, let the icing stand, stirring occasionally, around 45 minutes or until cooled.

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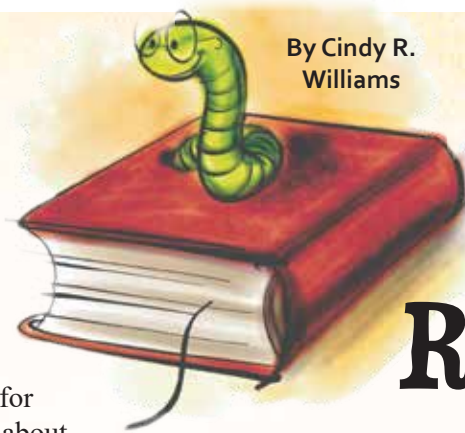
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BYR24004

Paid for by Brandy for AZ, Nicholas for AZ, Sharon for Senate. Authorized by Brandy Reese, Nicholas Gonzales, and Sharon Winters.

The Blog

A Voice of Warning, Truth & Hope



By Cindy R. Williams

Beehive BOOK REVIEW

Carolyn Adams Hanchett's newest book *The Blog* is a "Fiction Novel Based on Fact—A thrilling adventure with a thought-provoking perspective on everything you thought you knew."

This book follows Abigail Houston, an investigative journalist college student at a liberal university. With her strong convictions, love of America, and belief that the country is in great danger of being destroyed from within, she knew standing up for the right would be risky. However, she had no idea the university's liberal agenda was part of something more dangerous. To complicate things, she meets and falls in love with Elijah Morningstar, an up-and-coming Native American politician involved in everything she fights against. Their journey is one of self-discovery, love, trials, and even pain as they grow to understand the truth.



Hanchett says this book is for "Those who care about learning truths that affect their lives, and eternal destinies no matter their religious or political beliefs." It took her around a year to write and she likes to write "Early afternoon when I'm free of distractions and a brain that still works."

The author says, "I found myself so engrossed with my characters that they almost become real."

Hanchett says a favorite line in the book is from the blog Abigail writes. "My reasoning, or perhaps a longing, given our intellect, our desire to create, to build, to accomplish great things and the great cosmos that beckons us to be a part of, that God would not deny us opportunities to continue to do so." Hanchett



Photo by Helen Robson

Author Carolyn Adams Hanchett.

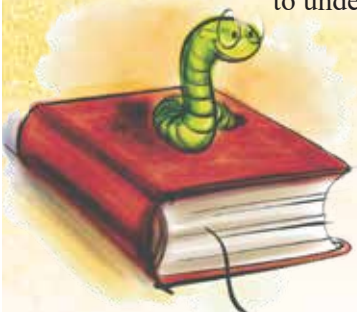
says, "...Since our achievements add to His Glory, I wanted to impress upon the minds of others that it was reasonable to believe that a loving God would want us to be part of such a grand scheme.

"I wrote this book because I wanted to help dispel the confusion, hopelessness, and deception that has become our world by offering clarity and hope. But more importantly, by sharing eternal truths that counter the deceit of those who are an enemy to God, His ultimate designs for His sons

and daughters, and this covenant land of promise."

Hanchett's books are available on Amazon and Barnesandnoble.com and on her website at www.CarolynAdamsHanchett.com

Contact Carolyn at theupwardreach@hotmail.com.



A Twin Sister Twister

If you are ready for a funny romp through twins switching places, and a dreamy romance, with no swearing or bedroom scenes, then this book is for you.

My Twin Sister's Extremely Famous and Incredibly Hot Neighbor written by New York Times best-selling author, Victorine E. Lieske, takes place in Hollywood when one famous sister, Jera, takes a break for some cosmetic surgery, and her shy and reserved twin sister, McKenzie, steps in for the week of photo shoots and glamorous parties.

McKenzie's whacky journey starts with getting stuck hanging halfway out of the bathroom window wearing only a towel. She is rescued by the next-door neighbor, Dustin, the hottest actor in Hollywood who happens to be on her famous sister's bad list. McKenzie also faces life issues head-on as the week goes on.



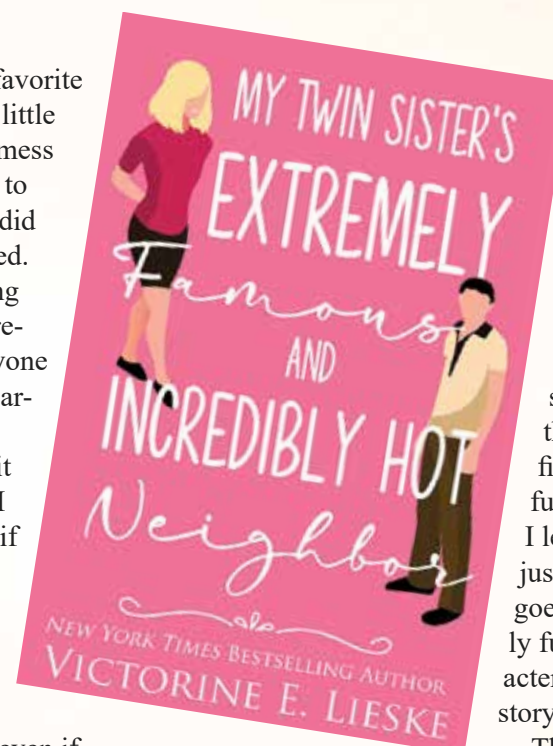
Author Victorine E. Lieske.

One of Victorine's favorite lines is, "Because that little girl was not afraid to mess up. She wasn't afraid to paint a blue cat. She did what her heart wanted. And my mother hung this picture on the refrigerator for everyone to see. That six-year-old was proud of this picture, and it reminds me that I

can be proud of what I do, even if it's not always perfect."

Victorine says, "This quote is from when Mackenzie is showing Dustin a painting that she'd done as a child. I like it because I like Mackenzie's attitude, that it's okay to be proud of what we do, even if it's not perfect."

Victorine explains about her writing process. Her favorite place to write is in bed. She says, "That's



probably really bad for me, but my bed adjusts into a recliner position, so I should say I like to write in a recliner."

Victorine says, "My characters come alive to me, and they sometimes do what they want to do. But I find that process really fun. I'm not a plotter, I let the story form and just go where it naturally goes, so I find it extremely fun to have my characters tell me where the story should go next."

This book and many others by Victorine can be

purchased on Amazon. To contact Victorine, see her website at www.VictorineLieske.com



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Host and mission.

Photo by Don't Miss This

YOUTUBE CHANNEL "COME FOLLOW ME" STUDY PROGRAM

By Allison Beckert

Ever wished for guided scripture study from the comfort of home? Skilled teachers with insightful lessons and timely messages? Have you been craving a seminary or institute experience to go with your *Come Follow Me* study? What you need is to join in on the powerhouse YouTube channel - *Don't Miss This*.

Don't Miss This started back in 2018 as a companion resource to *Come Follow Me*. They've been at

the front of each year's curriculum since, with individual students and teacher support at the front of their lessons. While online learning and recorded lessons aren't quite as interactive as an in-person seminary class or institute course, hosts Grace Freeman and David Butler focus their content into sections of focus like the lesson manuals the Church uses officially. In recent years, their supplementary material has grown from strength to strength.

As a channel and a brand, *Don't*

Miss This has leaned into some strengths that set it apart from its competition. In the boom of online study aides during 2020, *Don't Miss This* were in early and put down a solid base with experienced hosts who are charismatic teachers with solid education backgrounds. Now the current host pair continue that.

The channel also releases not just weekly but a week in advance of each scheduled block of the standard manual. This may seem confusing, but for

teachers this is a massive advantage. These are hour plus long episodes, and full of material to inspire Sunday school teachers of all levels. *Don't Miss This* joined the mainstream. Their supplementary materials are now available through their own website and Deseret Book, which has been a unifying move for their wide following and online community.

For some people the bright

Continued on pg. 26



By Robin
Finlinson

Come Follow Me

This article supports the assigned readings in the 2024 manual titled *Come, Follow Me—For Home and Church*, comprising the Books of Helaman, 3 Nephi and 4 Nephi in the Book of Mormon

The Equality Enigma

Jesus Christ grants *every* possible opportunity to come unto Him!

The Lord could have designed the world so that all people come into it with equal conditions in every way—the same amount of riches, talents, intelligence, spiritual gifts, etc.—and everyone looking almost identical. There would be no need for the commandment to not covet, or not murder...or perhaps any commandment. Why bother stealing if everyone winds up with the same things and same amounts anyway?

But the Lord intentionally designed the earth with countless inequalities. And we are given the charge to become a Zion people with no poor among us, and no contention, murdering, plundering, bearing false witness, whoredoms or covetousness. For Zion to be built, we are challenged to develop virtues like gratitude, compassion and self-restraint.

For two centuries after Jesus Christ visited the Nephites personally (3 Nephi chapters 11-28), they continued to love God and had “no envyings...nor lyings...no robbers, nor murderers...” And “surely there could not be a happier people among all the people who had been created by the hand of God.” They “were in one, the children of Christ, and heirs to the kingdom of God” (4 Nephi 1:15-17).

But everyone has the choice to

either build on the Lord’s side or the adversary’s. Will we seek to raise up those with less—thereby shrinking the inequality gap? Or will we, with insatiable pride (3 Nephi 6:12-14; 4 Nephi 1:24-26) continually seek to raise ourselves above them to widen the gap? The irony is that if we choose the latter, we distance ourselves (Hel. 14:29) from the unimaginable bounty Heavenly Father would have shared with us. He is whole; perfect; deprived of nothing; and has eternal increase. He will always have an abundance, no matter how many people He shares with.

“Thus we may see that the Lord is merciful unto all who will, in the sincerity of their hearts, call upon his holy name” and that “the gate of heaven is open unto all, even to those who will believe on the name of Jesus Christ, who is the Son of God” (Hel. 3:27-28).

The adversary doesn’t accept the Lord’s system of equality, since there’s no way to cheat. The Lord knows everyone’s heart. Satan would try to pay someone money so he could do whatever he likes and be exalted anyway.

Having unquenchable jealousy, and having forfeited his eternal inheritance, Satan is always at work persuading more people to give up theirs too. “Satan desireth to have you, that he may sift you as wheat” (3 Nephi 18:18; See

also D&C 78:10). He entices people to remove themselves far enough away from God that they no longer even think to turn to Him for protection. They risk remaining in the clutches of the adversary—where he and those like him never have anything of their own, and are constantly trying to steal.

Is that fair? “He [God] hath given unto you that ye might know good from evil” (Helaman 14:31; See also Moroni 7:16).

But the requirement to repent and be baptized is given to all. How is that fair to the billions of people

without the chance to perform the essential ordinances of salvation (beginning with baptism)?

The temple is the great equalizer of the ages. Those who did not get the opportunity to perform them during the mortal stage of their progression may choose to accept them by proxy afterward—no matter where or when they lived. That’s equality. (3 Nephi 20:25; 7:24-26; 27:19-20). Jesus Christ grants *every* possible opportunity to come unto Him—and through Him, to our Father in Heaven.



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Lin Sue Flood, Director of Community Engagement

Don't Miss This Continued from pg. 24

and smiley tone may not suit their study style. Bright smiles and white toned decor fit well for the content, though some viewers may prefer a study resource that delves deeper, addresses more difficult topics, or varies the material a bit more. Also, having purchasable materials can be a turn-off for new viewers. They're not necessary to benefit from the channel, but they are discussed and referenced.

This channel is absolutely a stellar resource for those who want a well-supported personal study. Whether you want to spend the whole hour or more at once in the scriptures for the block, or if you want to follow section by section throughout the week, you don't

need to study alone with *Don't Miss This*. Join in the comments, jump into the community and social media as deeply as you care to. It's also ideal for Sunday school teachers, especially those just starting out as teachers who would benefit from watching some qualified instructors tackle this shared material.

Join in with *Don't Miss This* by subscribing to their YouTube channel through @DontMissThis. You can find their published material at Deseret-Book.com and www.dontmissthis-study.com. New episodes are released weekly on Sunday and remember - these are released a week in advance of the *Come Follow Me* schedule, so if you're studying individually, the Sunday release is for the coming week. If you want to brush up on the block for that day's class, you want the video just before the newest release.

Family History Continued from pg. 21

a Grave Memorials on findagrave.com. If the person that I am helping had been to the gravesite, seeing the "Find a Grave" memorial brings back memories of this event.

Helping others connect to their ancestors on FamilySearch/FamilyTree is enjoyable, rewarding and not difficult. The "Home Page" on FamilySearch is designed to help individuals want to find out about their ancestors.

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HELPING YOUR BRAIN & BODY

Increasing the “good feeling” chemicals in your brain can improve mood, reduce stress, and enhance overall well-being. When it comes to your mental health, your body is ready, willing and able to help. Here are some action points you can take to help your body take care of your mind.

Healthy habits have been a talking point for years, and science backs it up.

- **Exercise:** Regular physical activity of any kind supports healthy generation of endorphins and dopamine, regulating your moods and energy level. Aerobic exercise has the bonus of elevating serotonin levels which can help combat depression.
- **Healthy Diet:** Maintaining a healthy and diverse diet boosts the feel-good chemicals too, and balanced meals stabilize blood sugar. Blood sugar levels are tied to our energy and help keep our moods stable through the day.

- **Regular Sleep:** Getting a consistent sleep schedule is a big ask for a busy life, but it's critical to regulating cortisol (the stress hormone). Keeping a schedule helps increase your melatonin when it's time to sleep, and reducing screen-time can improve sleep quality too.
- **Mindfulness and Meditation:** Taking time to unplug and sit with our thoughts or listen to our spirit doesn't just help lower cortisol and manage stress, but it can also increase our feelings of relaxation and happiness.
- **Sunlight Exposure:** Spending time outside has several benefits, not the least of which is better sleep. It also boosts our vitamin D levels, which is linked to improved mood stability.

What about when you need a quick way to regulate your mind or bring yourself some positive feelings quick?



By Allison Beckert

the moment. If you laugh with others, the effect increases!

Speaking of laughing with others, group activities are a special source for mental health boosters. Anything done in a cohesive group, even a group of new people, can give your brain a fix of oxytocin, topping off activities already listed here with an extra mood boost.

If you are on your own (or prefer that in general), the best way to go to bring your mental health up can be found in your interests.

- **Creative pursuits:** Any creative pursuit, without worrying about quality, is good for your overall mental health.
- **Reading:** Whatever your preferred genre, getting lost in a good book can help give your brain a quick splash of good hormones.
- **Spending time in nature:** Often being on your own outside will compound the effects of exercise, sun exposure, and a connection with nature. You don't even have to go somewhere wild. A lawn, park, or neighborhood stroll will do just fine.
- **Listening to music:** Even better, dance to the music! Dancing to your favorite tune is supported by science to be a mood booster. Dance is one of the top activities and forms of exercise for combating depression, according to a recent study out of Australia.
- **Acts of Kindness:** In performing a service or a kindness, you can boost your oxytocin. This is known as a chemical of social bonding and connection.
- **Laughing:** If you can manage to find something funny, or even faking a laugh for several seconds, you can lower your cortisol quickly in

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By Mark Randall

Comedy Corner

My wife taught elementary school general music, and one year had three of our grandchildren in her classes. On Grandparent's Day they invited me to school to enjoy lunch together with the other grandparents and their grandchildren. After lunch we were walking hand-in-hand back to my truck when one of her students looked us over and exclaimed "Mrs. Randall, You even brought your Grandpa!

Sunday Evening Recitals
Continued from pg. 20

these wonderful events to happen. We welcome all to come and enjoy!"

Diane Miller of the Mesa Central Stake, says she's been to nearly every recital since the beginning.

"I'm a huge fan of the Tabernacle Choir but I wasn't aware of all the

sacred music beyond that," she said. "I heard about these recitals and I started going and they just turned me around. Now I have such a love for good music like this. For me, it's been like a mini music appreciation course."

Since then, Sister Miller began serving on the committee, helping with publicity and encouraging others to attend. Pam Crockett and Sherie Kent

also assist in scheduling performances.

Recently, the Olive Ward presented some of their ward talent and other local wards and stakes are encouraged to put together a small group of singers, pianists, or instrumentalists to perform 30-40 minutes.

"We love to have families, ward ensembles, groups of friends, neighborhood groups, etc., put programs

together," Sister Soelberg said.

"Come! You will have your spirit touched and your soul lifted in these recitals. The Lord speaks through music."

For those interested in performing, there is an online submission form at MesaTemple.org

The schedule of recitals will be posted here: Mesatemple.org/events

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Spiritualizing Our Earthly Bodies

By Jaylene Garrett

During a testimony meeting I once attended, we were encouraged to “spiritualize our earthly body.” I loved the clarity that phase offered. Our earthly DNA is different because we have different parents. Even siblings and twins have different DNA and that is part of the plan.

We also have spiritual DNA. Elder Dieter F. Uchtdorf said, “You have unique gifts that originated in your spiritual creation and that were developed during the vast span of your premortal life”¹

So, we chose God’s plan, and we each developed unique spiritual levels. When we joined with our body, our spirit came with that spiritual level. “Your spirit acquired your body and became a living soul to experience mortality and the associated trials and testing. Part of that testing is to determine if the appetites of your body can become mastered by the spirit that dwells within it.”²

Your spirit, which resides within your body and gives it life (see James 2:26), makes choices that affect the health of your body, including your brain. Your health can, in turn, affect your spirit. So, it’s in your best interest to maintain good spiritual, mental, physical, and emotional health because they influence each other.³

The connection between our physical, emotion-

al, mental and spiritual soul is in our control. We either choose the right and embrace the enabling power of our Savior or use our free agency to be deceived. Satan hates that he doesn’t have a body and hates us. “He knows the power of our appetites. So, he tempts us to eat things we should not eat, to drink things we should not drink, and to desecrate the most intimate expressions of love by employing them outside the bounds of marriage.”⁴

We need to always truly remember our spiritual DNA.

“Our beautiful nature, then, is embedded with the Lord. We live and move and have our being in Him.” (see Acts 17:27-28); He says, speaking intimately to us, “I am the true light that is in you and ... you are in me; otherwise ye could not abound.” (D&C 88:50) ... That is, we live on a life-support system in Christ, He being the conscious fountain of our breath, our light, and our love. We are vessels of these eternal essences in Him.”

1. President Uchtdorf (Oct. 2017 general conference [Ensign or Liahona, Nov. 2017, 17])
2. Your Body: A Magnificent Gift to Cherish. President Russell M. Nelson
3. Brain and Body: How they Work Together. David Dickson Church Magazines
4. Your Body: A Magnificent Gift to Cherish. President Russell M. Nelson
5. Our Beautiful Mind: Catherine Thomas, Ensign College Feb 25, 2014

Some suggestions to spiritualize your earthly body:

- Honor the presence of the Lord in your being.
- During quiet times, let our spirits experience pure love. Practice our minds and hearts to be like Him with overflowing kindness to fill our souls.
- Silently see everyone around us with compassion.
- Practice the spiritual gift of helping even if only to share love and encouragement.⁵
- You are loved. You have a sacred body and sacred spirit. We are all learning how to unite our bodies and spirits to reach our sacred individual missions.



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JUSTSERVE

Hospice of the Valley Student Volunteers Gain Insight into Dementia

By Lin Sue Flood

Once a week, graduate nursing student Merle Tamondong pauses her busy college life to visit Micheline Schulte. They color together, play Micheline's favorite songs and chat in French, her native language.

"When I come here, the only time I'm on my phone is when I'm playing some music, which Micheline likes when we are coloring," Merle says. "I feel very lucky."

Merle is part of Hospice of the Valley's College Partners Program, an innovative collaboration with Maricopa Community Colleges, Arizona State University and other schools to provide socialization to people living with dementia and a much-needed break to family caregivers.

Micheline treasures Merle's visits: "She is a kind person, she's there for you, it's a pleasure knowing and being with her," the 81-year-old says.

Hospice of the Valley's dementia and volunteer departments spearheaded this intergenerational program to help inspire careers in dementia care. Incentives include scholarship opportunities, monthly education and letters of recommendation.

To date, 106 students have been trained and paired with 123 patients since College Partners launched in 2021 with a grant from Community Care Corps. Now, the program is funded by Hospice of the Valley and community donations, such as a recent \$10,000 grant from The Arizona Republic's Season for Sharing campaign.

"Most students may be drawn to

the program because they are pursuing some type of path in healthcare, but it's their actual visits that literally bring smiles to the patients they support," Hospice of the Valley volunteer coordinator Holly Cottor says. "Students are truly dedicated to making an impact, whether cooking or baking with their patient, helping tidy up the home, engaging in conversations or sharing a cup of coffee."

Merle joined College Partners through Grand Canyon University. "Going into nursing, I feel like developing patience and empathy is paramount — for myself as well as the people I interact with," she says. "I wish I had known

more about this program when I was taking care of my own parents."

Micheline's sister, Janine Roumain, says Merle's calming presence has been hugely beneficial: "She represents someone who doesn't judge Micheline, so it's been really wonderful. It makes me happy that my sister has someone she can connect with."

If you'd like to volunteer for the College Partners Program, contact Holly Cottor at hcottor@hov.org or (602) 515-6207. Visit hov.org/volunteer for details.

Lin Sue Flood is community engagement director at Hospice of the Valley.



Volunteer Merle Tamondong discovered that her visits with Micheline bring joy to both of them.

Photo courtesy of Hospice of the Valley

VALLEY TEMPLE SCHEDULES

Additional Information:

- Appointments for proxy ordinances are encouraged. Patrons without appointments are also welcome, but may be asked to wait for an opportunity to participate. To schedule or modify a proxy appointment, visit your temple's information at <https://www.churchofjesuschrist.org/temple>
- Patrons are encouraged to bring their own temple clothing.
- Ordinances for family names must be done in proper sequence—baptism, confirmation, Melchizedek Priesthood ordination (males), initiatory, endowment, and then sealing. Please allow sufficient time to perform all the ordinances you wish to complete during your visit. For additional help and information, please call the temple.
- Please contact the temple for more information or if you have special circumstances or needs.
- Temple websites can be found by searching churchofjesuschrist.org/temple

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